



Government of **Western Australia**
North Metropolitan Health Service
Women and Newborn Health Service



**Finding help
before and after
baby arrives**



This publication provides a list of resources for individuals and families during pregnancy and after the birth of a baby.

For free* phone support, contact the **Pregnancy Birth and Baby Helpline** on **1800 882 436**. This service is available 7 days a week, 7am to midnight (AEST). It provides high quality information and can redirect you to other services if appropriate.

* Calls from landlines are free.
Mobile charges may apply.

For all emergencies, please call 000.

Phone numbers and websites contained in this resource were correct at the time of publication.

Good sources of information and help include:

Healthdirect Australia – for 24-hr phone health advice staffed by registered nurses, call 1800 022 222 or visit healthdirect.gov.au.

General practitioners – find your local GP by calling Healthdirect Australia on 1800 022 222. Also find after-hours GPs and after-hours locum services.

Child health nurses

Metropolitan area – find your local child and community health centre via the central booking system on 1300 749 869.

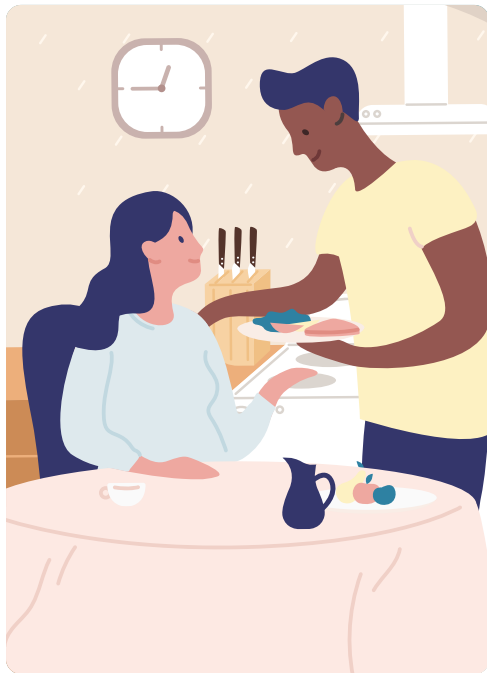
Rural areas – go to wacountry.health.wa.gov.au and find your community child health nurse by clicking on your region.

National Relay Service (NRS) – provides assistance to deaf, hearing and speech impaired persons requiring assistance receiving and making calls, 1800 555 677.

Interpreter service – 13 14 50

For information about **emotional wellbeing for parents**, go to:
healthyfamilies.beyondblue.org.au

For a list of **mental health services** in WA, go to mhc.wa.gov.au/getting-help



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Aboriginal resources

Aboriginal Family Legal Services

(08) 9335 1502 • 1800 469 246

afls.org.au

Aboriginal Legal Service

(08) 9265 6666 • 1800 019 900 (free call)

als.org.au

Babbingur Mia Health Service (Rockingham)

(08) 9550 0900

southcoastal.org.au

Derbarl Yerrigan Health Service

1800 311 888

dyhs.org.au

Kambarang Place

(08) 9328 7562

ruah.org.au (search for Kambarang Place)

Infant, Child & Adolescent Mental Health Service

(free service)

Bunbury: (08) 9722 4300 Busselton: (08) 9753 6400

A/hrs, Crisis Connect: 1800 048 636

Meerilinga Parent Support Service

(08) 9489 4022 (Perth) • 1800 200 702 (regional)

meerilinga.org.au

Moorditj Koort Aboriginal Corporation

(08) 6174 7000

Ngala program Central

Ngalang Moort Ngalang Kurlangah

(08) 9368 9368

ngala.com.au (search for the name above)

Ruah Community Services

13 78 24

ruah.org.au

13 Yarn

13 92 76 (national free call, 24/7)

Wungening Aboriginal Corporation (Perth)

(08) 6330 7000

wungening.com.au

Yorgum Healing Services (Perth)

(08) 9218 9477 • 1800 469 371 (free call)

Accommodation

Crisis Care – refuge service (24hr)

1800 199 008 (free call)

wa.gov.au (search for crisis care)

Homelessness Entry Point

(08) 6496 0001 • 1800 124 684

entrypointperth.com.au

Uniting WA

1300 663 298

Alcohol and drugs

Alcoholics Anonymous (AA) (24-hr helpline)

1300 222 222

aa.org.au

Alcohol and Drug Support Line (24-hr helpline) 9442 5000

Country/regional: 1800 198 024 (free call)

alcoholthinkagain.com.au

Holyoake

(08) 9416 4444 (Victoria Park) • holyoake.org.au

Luma

(08) 6330 5400 • luma.org.au

Mental Health Commission

mhc.wa.gov.au

Next Steps

(08) 9219 1919

Parent and Family Drug Support Line (24 hr helpline)

(08) 9442 5050 (metro)

1800 653 203 (regional, free call)

Feedback/complaints

Consumer Protection Advice Line

1300 304 054 • accc.gov.au

Health Consumer's Council

(08) 9221 3422 • 1800 620 780 (free call)

hconc.org.au

Counselling services: Metropolitan

Anglicare

1300 114 446
anglicarewa.org.au

Centrecare

(08) 9325 6644
centrecare.com.au

The Compassionate Friends (bereavement and grieving)

(08) 9535 7761 (Mandurah) • 1300 064 068 (free call)
tcfa.org.au/wa-mandurah

City of Cockburn Family Support

(08) 9411 3859 (Success)
(08) 9411 3851 (Coolbellup)

Luma

(08) 6330 5400 • 1800 998 399 (free call)
luma.org.au

QLife (3pm–midnight, 7 days)

1800 184 527

Relationships Australia

1300 364 277

Women's Health and Wellbeing Service (Gosnells)

(08) 9490 2258
whws.org.au

Counselling services: Country

Anglicare

1300 114 446
anglicarewa.org.au/contact

Centrecare

(08) 9325 6644
centrecare.com.au/contact-us

Desert Blue Connect (Geraldton)

(08) 9964 2742
desertblueconnect.org.au

Farmer Assistance Hotline

13 23 16
agriculture.gov.au (search for drought or
farm assistance)

Goldfields Women's Healthcare Centre

(08) 9021 8266
gwhcc.org.au

Hedland Well Women's Centre

(08) 9140 1124
wellwomens.com.au

Relationships Australia

1300 364 277
relationshipsau.org.au

South West Counselling

(08) 9754 2052
swcounselling.org.au

South West Women's Health and Information Centre

(08) 9791 3350 • 1800 9791 3350 (free call)
swwhic.com.au

Crisis or emergency**CAMHS Crisis Connect (24hr)**

1800 048 636

Crisis Care (24hr)

1800 199 008 (free call)
wa.gov.au/service/community-services/
community-support/crisis-care

Kids Helpline (24hr)

1800 551 800 (free call)
kidshelpline.com.au

Lifeline (24hr)

13 11 14 • 0477 13 11 14 (text)
wa.lifeline.org.au

Mental Health Emergency Response Line

Metro area: 1300 555 788
Peel area: 1800 676 822

Rurallink (rural & remote mental health phone service)

1800 552 002 (after hours)
mhc.wa.gov.au

The Samaritans

13 78 24 (weekdays, 8.30am-4.30pm)
thesamaritans.org.au

St Vincent De Paul Society Emergency Relief Assistance

1300 794 054 (weekdays, 9.00am-12.30pm)
vinnies.org.au/wa



Cultural resources

ASeTTS (Association for Services to Torture and Trauma Survivors)

(08) 9227 2700
asetts.org.au

Australian Asian Association of WA

(08) 9328 6202
aaawa.org.au

Kin – Disability Advocacy for Diverse Communities

(08) 9388 7455 • 1800 659 921 (free call)
kinadvocacy.org.au

Humanitarian Group

(08) 6148 3600

Ishar Multicultural Women's Health Centre

(08) 9345 5335
ishar.org.au

Multicultural Futures

Bentley head office: (08) 9336 8282

Mirrabooka office: (08) 9336 8282

North Lake senior campus office: (08) 9336 8282

Kwinana office: (08) 9336 8282

Multicultural Services Centre

(08) 9328 2699

mscwa.com.au

Women's Health and Family Services

Northbridge: 1800 998 399 (toll free)

Muslim Women's Support Centre

0411 170 987

mwsc.com.au

Disabilities

Department of Communities, Disability Services

1800 176 888 (free call)

Emmanuel Centre

(08) 9328 8113

SMS 0478 264 335

People with Disabilities WA

(08) 6243 6948

1800 193 331 (regional free call)

0488 798 615 (text only)

People Who Care

(08) 9379 1944

Domestic violence

Women's Domestic Violence Helpline (24hr)
1800 007 339 (free call)

1800 Respect (24hr)
1800 737 732

Men's Domestic Violence Helpline (24hr)
1800 000 599 (free call)

Domestic Violence Advocacy and Support (DVAS) Central
(08) 6330 5400

Domestic Violence Legal Unit (Legal Aid)
1300 650 579 (general info only)
(08) 9261 6804 (domestic violence only)

Crisis Care (24hr)
(08) 9223 1111 • 1800 199 008 (free call)

Djinda Services – Aboriginal
(08) 6164 0650

Mental wellbeing websites

actbelongcommit.org.au

beyondblue.org.au

cope.org.au

dadspace.com.au

forwhenhelpline.org.au

gidgetfoundation.org.au

jeanhailes.org.au

mhc.wa.gov.au

mindspot.org.au

mumspace.com.au

panda.org.au

Family services and resources

Australian Breastfeeding Association
1800 686 268 (free call)

Child and Parent Centres
childandparentcentres.wa.edu.au

ForWhen National Help Line
Mon-Fri, 9am-4.30pm
1300 242 322

Ngala Parenting Line
7 days a week, 8am-8pm
(08) 9368 9368 • 1800 111 546 (free call)

Meerilinga Parenting Services
(08) 9489 4022 (central admin)
1800 200 702 (regional free call)

Miracle Babies
1300 622 243 (24 hours) • miraclebabies.org.au

Multiple Birth Association Western Australia
(08) 6458 1536 • mbawa.org.au

Perinatal Anxiety and Depression Australia (PANDA)
1300 726 306, Monday to Friday, 9am-7.30pm
and Saturday, 9am-4pm (AEST)

Ruah Community Services 13 78 24

Playgroup WA
(08) 9228 8088 • 1800 171 882 (free call)

Pregnancy Birth and Baby Helpline
1800 882 436 Monday-Sunday,
7am to midnight (AEST)

Red Nose Grief and Loss Line
1300 308 307 (24hr) Online live chat:
rednose.org.au/grief-and-loss-support/find-
support/live-chat/ – Monday & Thursday, 7pm-
9pm, Tuesday & Wednesday, 11am-2pm (AEST)

St John of God Health Care Raphael Services
1800 292 292 (free call)

Wanslea (08) 9245 2441 • wanslea.org.au

**WA Centre for Perinatal Mental Health
and Parenting Support** (08) 6496 0460

Fathers' resources

Dads WA - Ngala

(08) 9368 9368 • 1800 111 546 (free call)
ngala.com.au/services/dadswa/

The Fathering Project

1300 328 437
thefatheringproject.org

Mensline Australia (24hr)

1300 789 978
mensline.org.au

Info to your phone for dads on-the-go

sms4dads.com.au

PANDA Support for Dads

panda.org.au/get-support/support-dads

Gidget Dads Support

gidgetfoundation.org.au/support/support-for-dad

Financial

Anglicare WA

1300 11 44 46

Uniting Care West CreditCare

(08) 9220 1288 • 1800 124 684



Legal services and resources

Citizens Advice Bureau
(08) 9221 5711

Community Legal Centres - WA
communitylegalwa.org.au/our-members

Legal Aid – Child Support Legal Unit
1300 650 579
legalaid.wa.gov.au

Ruah Legal Services – Mental Health Law Centre
(08) 9328 8012 • 1800 620 285 (free call)

Parenting and infant websites

breastfeeding.asn.au

emergingminds.com.au

ngala.com.au

raisingchildren.net.au

whatwerewethinking.org.au

wacpps.org.au

Sexual assault or abuse

Acacia Support Service (South Hedland)
1300 364 277

Allambee Counselling Inc. (Mandurah)
(08) 9535 8263

Crisis Care (24hr)
(08) 9223 1111 • 1800 199 008 (free call)

Desert Blue Connect (Geraldton)
(08) 9964 2742

**Kimberley Sexual Abuse Prevention
and Support Service**
Broome: (08) 9194 2400
Kununurra: (08) 9166 5000

**Sexual Assault Resource Centre
Emergency (SARC) (24hr)**
(08) 6458 1828 • 1800 199 888 (free call)

Goldfields Women's Health Care Centre
(08) 9021 8266

Waratah Support Centre (Bunbury)
(08) 9791 2884 • 1800 017 303 (free call)

Women's Refuge (Geraldton)
(08) 9964 2173

Useful phone numbers and websites

Ambulance, Fire, Police
000

Carers Australia
1300 227 377 • (08) 9228 7400
Carer Gateway 1800 422 737
carersaustralia.com.au

King Edward Memorial Hospital
(08) 6458 2222

Poisons Information Centre (24hr)
13 11 26

Police (24-hr, non-emergency)
13 14 44

Perth Children's Hospital
(08) 6456 2222

Healthdirect (24hr)
1800 022 222

Royal Flying Doctor Service (24hr)
(08) 9417 6389 (satellite) • 1800 625 800

Transperth Infoline
13 62 13

Women's Information Service WA
1800 199 174 (free call)

Women and Newborn Health Library
kemh.libguides.com/wnhl

Women's Health and Wellbeing Services
(08) 9490 2258 • whws.org.au

Mental Health Carers Australia
mentalhealthcarers.australia.org.au

Pregnancy Birth and Baby Helpline
1800 882 436

Women's resources

Breastfeeding Centre of WA (KEMH)

(08) 6458 1844

KEMHBreastFeedingCentreLactation
Consultants@health.wa.gov.au

Centre for Women's Safety and Wellbeing

1800 199 174 (free call)

Childbirth and Mental Illness Service (CAMI)

kemh.health.wa.gov.au/Womens-Health/Mental-
Health/CAMI

Desert Blue Connect (Geraldton)

(08) 9964 2742

Erica Women's Centre – Midland

(08) 9250 2221

Fremantle Women's Health Centre

(08) 9431 0500

Goldfields Women's Health Care Centre

(08) 9021 8266

Headspace

headspace.org.au

Hedland Well Women's Centre

(08) 9140 1124

Luma

(08) 6330 5400 • 1800 998 399 (free call)

Mother and Baby Unit

Fiona Stanley Hospital: (08) 6152 2222

King Edward Memorial Hospital: (08) 6458 1799

Nintirri Centre Inc (Tom Price)

0447 151 031

Obstetric Medicines Information Service

(08) 6458 2723

Sexual Health Helpline

(08) 9227 6178 • 1800 198 205 (free call)

Sexual Health Quarters (SHQ)

(08) 9227 6177

South Coastal Health and Community Services (Rockingham)

(08) 9550 0900

South West Women's Health and Information Centre

(08) 9791 3350 • 1800 9791 3350 (free call)

Women's Health and Wellbeing Service (Gosnells)

(08) 9490 2258

Youth

Centrelink

Family Assistance (MyGov Helpdesk)
Youth and Students (MyGov Helpdesk)
13 23 07

Headspace

headspace.org.au

Kids Helpline (24hr)

1800 551 800 (free call)

The Samaritans

13 78 24

Young Parents Support Service – Anglicare WA

1300 11 44 46

Youth Focus
(08) 6266 4333

Youthlink
(08) 9227 4300 • 1300 362 569 (referrals & enquiries)

Youth Reach South (Success)
(08) 9499 4274



Regional areas



South West

Child Health Nurse (South West appointments)
1800 457 949

Parenting Connection WA - South West
Email: SouthWest.PCWA@anglicarewa.org.au

Radiance
radiancesouthwest.com.au

Radiance for Dads
radiancesouthwest.com.au/for-dads

South West Aboriginal Medical Service (SWAMS)
(08) 9726 6000 • 1800 779 000 (free call)

South West Women's Health and Information Centre (Bunbury)
(08) 9791 3350 • 1800 673 350 (free call)

Goldfields/Esperance

Bega Garnbirringu Health Service
(08) 9022 5500

Centrecare General and Financial Counselling
Esperance: (08) 9083 2600

Centrecare Kalgoorlie
(08) 9080 0333

Leonora Community Health Service
(08) 9037 6083

Parenting Connection WA
Goldfields Esperance
Email: GoldfieldsEsperance.PCWA@
anglicarewa.org.au

Goldfields Women's Health Care Centre
(08) 9021 8266

Esperance Community Health Centre
(08) 9071 0400

Escare (Esperance)
(08) 9071 3110

Esperance Health Campus Midwifery Unit
(08) 9079 8000

**Esperance Health Campus Emergency
Department**
(08) 9079 8000

Great Southern

Great Southern Aboriginal Health Service
Albany: (08) 9892 7222
Katanning: (08) 9821 6370

Community midwifery service
(08) 9821 6216

Albany Health Campus maternity ward
(08) 9892 2310

Child Health Services
(08) 9842 7563

Pregnancy Amity Health
(08) 9842 2797

Bouncing Back Program (Men's Mental Health)
0428 767 552

Child and Parent Centre
(08) 9843 0071

Pilbara

East Pilbara

Hedland Well Women's Centre: (08) 9140 1124

Newman Neighbourhood Centre: (08) 9175 1516

South Hedland Child and Parent Centre:
(08) 9172 4956

West Pilbara

Gurlu Gurlu Maya Child and Parent Centre
Roebourne: (08) 9182 1475

Karratha Community House: (08) 9185 6605

Karratha Family Centre: (08) 9144 1740

Karingal Neighbourhood Centre: (08) 9189 5579

Karratha Women's Place: 0459 033 800

Nintirri Centre (Tom Price): 0447 151 031

Wheatbelt

Western Wheatbelt Primary Health Service Moora:
(08) 9651 0270

Eastern Wheatbelt Primary Health Service Merredin
(08) 9081 3222

Southern Wheatbelt Primary Health Service Narrogin
(08) 9881 0385

Amity Health (08) 9842 2792

Avon Primary Health Service (08) 9690 1320

Midwifery Group Practice (Northam)
(08) 9690 1633

Wanslea Children and Parenting Support
(08) 9245 2441

Uplyft (formerly Wanslea)
(08) 9245 2441

Share and Care Community Services (Northam)
(08) 9622 2828

Mid West/Gascoyne

Geraldton Community Health Centre
(08) 9956 1985

Carnarvon Health Campus & Outpatients
(08) 9941 0500

Geraldton Regional Aboriginal Medical Service
(08) 9956 6555

Rangeway Child and Parent Centre
(08) 9921 6814

Desert Blue Connect
(08) 9964 2742

Department of Communities Geraldton
(08) 6277 5151

Midwest Family Support Network
(08) 9965 5460

Parenting Connection WA - Midwest
Email: Midwest.PCWA@ngala.com.au
(08) 9368 9368 • 1800 111 546 (free call)

Kimberley

Broome
Anglicare WA (Family & relationship Centre):
(08) 9194 2400

Broome Hospital: (08) 9194 2222

Broome Regional Aboriginal Medical Service:
(08) 9194 4800

Boab Health Services: (08) 9192 7888

Community and Child Health Centre:
(08) 9194 2340

Derby
Anglicare WA: (Family & relationship Centre):
(08) 9191 0100

Community Health – midwife & child health
nurse: (08) 9193 3203

Derby Hospital: (08) 9193 3333

Derby Aboriginal Health Services: (08) 9158 4200



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this booklet, please email
WNHS.MHS.SPIMHP@health.wa.gov.au

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